



Winter Stew

Makes: 6 Servings

Eat your vegetables in this delicious chunky stew. Serve it by itself or with cooked rice, Harvest Mashe'd Taters, or macaroni.

Ingredients

1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)

1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)

1/2 cup onion (diced)

2 1/2 cups low-sodium tomato juice

1/4 teaspoon black pepper

1 tablespoon paprika (optional)

24 ounces canned beef (about 2 cans)

1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

Directions

1. In a large pot, combine squash, turnips, onions, tomato juice, and pepper. If using paprika, add that too. Mix well.
2. Cook over medium to high heat and bring the pot to a boil for 5 minutes.
3. Lower heat and cook over low to medium heat for 30 minutes. Stir the pot every 15 minutes.
4. Add beef and apricots to the pot and mix well.
5. Cook over low heat for 10 minutes.

Source: A Harvest of Recipes with USDA Foods